

Ottawa Jewish Bulletin

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Bonds Make The Negev Green



PLAN STRATEGY FOR OTTAWA ISRAEL BOND DRIVE

Local and national leaders of the State of Israel Bond Drive are shown at the organizational meeting held recently at the Jewish Community Centre where plans were made for an extensive campaign designed to place an Israel Bond in every Jewish home in Ottawa. Pictured

from left to right are Solomon Zelikovitz, general co-chairman; Mrs. Isaac Levine, chairman, Women's Division; Alex Betcherman, general co-chairman; Mrs. Bertram Loeb, national chairman, Women's Division and D. Lau Horris of Toronto, national chairman.



JEWISH COMMUNITY HONOURS JUSTICE AND MRS. A. H. LIEFF

Hyman Bessin, president of the Jewish Community Council presents an engraved silver tray to Mr. Justice Abraham H. Lief and Mrs. Lief on the occasion of their departure for Toronto where he has been named to the Supreme Court of Ontario. The communal reception held at the Jewish Community Centre on September 4 in honour of the Lieffs brought many friends, associates and admirers from every section of the city. They came to pay their respects and were in turn treated to an outstanding response by the guest of honour in which he called for self-examination and rededication to the highest principles of Jewish life and values.

Officers of 1963 Israel Bond Drive Committee

The listing of the senior officers of the Ottawa Israel Bond Drive Committee for its current campaign is as follows:

Honorary Chairmen: Lawrence Freiman, Bertram Loeb; Honorary Vice-Chairmen: Samuel Berger,

Q.C., Jacie C. Horwitz, Q.C., Maurice W. Wright, Q.C.

Co-Chairmen: Solomon Zelikovitz, Alex Betcherman; Vice-Chairmen: Sol Ages, Hyman Bessin, Herbert Nadolny, Hyman Soloway, Q.C.; Secretary: Nap Kapinsky.

Women's Division Honorary Chairman: Mrs. Greta Cohen; Chairmen: Mrs. Isaac Levine; Vice-Chairmen: Mrs. Percy Addelman, Mrs. Harry Baker, Mrs. Hyman Bessin, Mrs. Stanley Glube, Mrs. Florence Kizell.

Esrogim For Succoth Festival

As a service to the community, the Ottawa Vaad Ha'Ir has again made arrangements to supply Synagogues and private individuals with Israeli esrogim at cost price.

Anyone who wishes to secure an esrog for Succoth is asked to call the Office of the Vaad Ha'Ir at 232-7306.

Launch Bond Drive on Eve of Redemption

On the eve of the first Canadian redemption of Israel Bonds, the Ottawa Israel Bond Committee has geared itself for a record-breaking campaign. Spearheading the drive for the second successive year are Solomon Zelikovitz and Alex Betcherman, general co-chairmen and Mrs. Isaac Levine, chairman of the Women's Division.

Beginning in May, 1964, Savings Bonds of the Development Issue of 1954 will be redeemed at 150% of the issue price in U.S. funds. Prompt payment by Israel of its obligations has strengthened the position of Israel Bonds throughout the world.

ADVANCE FUNCTIONS SET PACE

A number of functions have already been held to set the pace for the High Holy Appeals which will take place in the Synagogues on Yom Kippur. The first of these was a luncheon hosted by the co-chairmen which produced \$55,000 in bond sales.

HONOUR MRS ANNA PEPPER

On September 8, Mrs. Anna Pepper was honoured by the Labour Zionist Council at a Testimonial Dinner held at the Histadrut Centre. One hundred and thirty people attended the dinner which was addressed by Leon Kronitz, national president, Labour Zionist Movement and Mrs. Dvora Blanshay, national president, Pioneer Women's Organization. Esther Ghan of Toronto was the guest artist.

MACHZIKET ADAS RECEPTION

Congregation Machzikei Adas held a reception in conjunction with the Israel Bond organization on September 12 in the Synagogue Vestry following the installation of the newly-elected officers by Rabbi Abraham Rubin. Allan Fine, Canadian bass baritone was the guest artist.

Chief Greenberg and Jack Steinberg are bond chairmen for the Synagogue. Mrs. Harry Pleet is Sisterhood bond chairman. Committee members include Mervin Blostein, Reuben Dubrofsky, J. Max Kaplan, Bert Koenig, Milton Kufsky, Harry Pleet, Gordon Viner and E. Weiner.

HONOUR SAM ELLIS

In recognition of his services as secretary for the past twenty-five years, Congregation B'nai Jacob honoured Sam Ellis on September 15 at a Testimonial Reception in the Vestry of the Synagogue.

J. I. Flesher is bond chairman of B'nai Jacob. The president, Reuben Kalin, made a presentation to the

guest of honour, Louis Agulnik introduced Hy Sands, the American Jewish humorist.

MONTREAL CHAIRMAN SPEAKS

Parliament Lodge B'nai B'rith had the privilege of hearing Sam J. Davison, general co-chairman of the Montreal Israel Bond organization at its meeting on September 17. Max Sternthal is president of the Lodge and Lawrence Greenberg is bond chairman.

The Breakfast Club of Congregation Beth Shalom will hold an Israel Bond meeting on Sunday, October 13. M. Sidney Green is president of the group and Harold N. Pearl is bond chairman.

"WOMAN OF THE YEAR" LUNCHEON

Highlight of the women's division activities will be the annual luncheon on October 28 when Mrs. Morris Zagerman will be honoured as "Woman of the Year". The guest speaker will be Tama Eshkol Shochat, daughter of Israel's prime minister.

Mrs. Shochat is the community organizer of Israel's new Negev development town of Arad. A graduate social worker, she is responsible for the integration of new settlers.

Dr. JOSEPH HERE NOVEMBER 3

Dr. Dov Joseph, Israel's minister of justice will be the guest of honour at the cash collection dinner to be held Sunday evening, November 3.

Schedule Of Holiday Services

In the interests of economy, the Bulletin is not repeating the Schedule of High Holy Day Services which each Congregation has published for its own members. Consult your Synagogue bulletin for detailed information.

High Holy Days Begin Wednesday At Sunset

Wednesday evening at sunset, Jews the world over will usher in Rosh Hashanah and will mark the inception of the Jewish New Year 5724 in a solemn and reverent manner. Rosh Hashanah begins the Ten Days of Penitence which culminate in the fasting and in the religious services of Yom Kippur, the Day of Atonement.

This year, Rosh Hashanah begins at sundown on Wednesday evening, September 18 and ends after sundown on Friday, September 20. The Hebrew calendar records the beginning of the Holy Day as the first of Tishre, 5724. Yom Kippur begins at sundown, Friday, September 27 and ends after sundown on Saturday, September 28.



BID FAREWELL TO AMBASSADOR AND MRS. HERZOG

His Excellency, the Ambassador of Israel to Canada and Mrs. Yaacov Herzog accept an engraved cigarette box emblazoned with the coat of arms of Canada and the ten provinces from Hyman Bessin, president of the Jewish Community Council of Ottawa at the farewell reception held in their honour prior to their return to Israel. David Zelikovitz, chairman of the United Zionist Council of Ottawa looks on. In Jerusalem, Dr. Herzog assumed the position of Deputy Director-General, Ministry for Foreign Affairs.

Succoth Observed October 3 to 11

The Festival of Succoth begins on the evening of the 15th day of Tishre, corresponding this year to Wednesday evening, October 2. It is observed for nine days of which the first two and last two days are full holidays and the intervening days half holidays.

Referred to also as the Festival of Booths or Tabernacles, Succoth is a reminder of the forty years wandering of the children of Israel in the wilderness after their deliverance from Egyptian bondage. During that time they were compelled to live in tents or building booths wherever they stopped.

The succah or booth is a little tabernacle built of wood or canvas and is covered with branches of trees and plants so that the heavens and the stars are visible overhead.

In ancient Palestine, the festival was celebrated by giving thanks to the Almighty for the bounties of the land. The Pilgrim Fathers in America after they had gathered in their harvest set aside a day which they called Thanksgiving. Steeped in the knowledge of the Bible they based their thanksgiving day on the Festival of Succoth.

The eighth day of the festival (Thursday, October 10) is called Shemini Atzereth (the Eighth Day of Solemn Assembly). On that day the Scroll of Ecclesiastes is read to remind people of the transient character of life, memorial services for the departed are recited, and a prayer is offered so that the earth may produce bountiful crops next year.

The ninth day, Simchat Torah is the most joyous day of the festival as it marks the annual completion and commencement of the reading of the Law in the Synagogue.

HELP THE UNITED WAY

SUPPORT YOUR COMMUNITY CHEST CAMPAIGN

Candle Lighting

For Erev Rosh Hashanah
For Eve of Rosh Hashanah II

For Erev Succoth
For Eve of Succoth II
For Eve of Shemini Atzereth
For Eve of Simchat Torah

Baruch atah Adonai Eloheinu melech ha-olam asher kiddeshanu b'mitzvotav v'tzivanu l'hadlik neir shel Yom Tov.

Baruch Atah Adonai Eloheinu melech ha-olam she-heche-yanu v'kimanu v'higianu lazman hazeh.

For Yom Kippur

Baruch atah Adonai Eloheinu melech ha-olam asher kiddeshanu b'mitzvotav v'tzivanu l'hadlik neir shel Shabbat v'shel yom Hakkipurim.

Baruch atah Adonai Eloheinu melech ha-olam she-heche-yanu v'kimanu v'higianu lazman hazeh.

Schedule

(Erev Rosh Hashanah)	
September 18	6:50 p.m.
(Eve of Rosh Hashanah II)	
September 19	After 7:45 p.m.
(Eve of Shabbat Shuvah)	
September 20	Before 6:44 p.m.
(Erev Yom Kippur)	
September 27	Before 6:30 p.m.
(Erev Succoth)	
October 2	6:23 p.m.
(Eve of Succoth II)	
October 3	After 7:30 p.m.
(Eve of Shabbat Chol Hamoed)	
October 4	Before 6:19 p.m.
(Eve of Shemini Atzereth)	
October 9	6:10 p.m.
(Eve of Simchat Torah)	
October 10	After 7:15 p.m.
(Eve of Shabbat Bereshit)	
October 11	Before 6:05 p.m.
October 18	Before 5:54 p.m.
October 25	Before 5:42 p.m.

For Bulletin advertising rates and other information CALL 232-7306

Synagogue Appeal Key Factor In Bond Success

The Ottawa Israel Bond Drive committee enjoys the co-operation and support of the officers and spiritual leaders of the four Synagogues of Ottawa. From its inception, the key to the success of the Ottawa campaign has been the High Holy Day Appeal conducted in the Congregations.

The State of Israel Bond organization wishes to express its appreciation to the following officials:

Congregation Beth Shalom

Rabbi Simon L. Eckstein; Alex Betcherman, president; Harold N. Pearl, bond chairman.

Congregation Agudath Israel

Rabbi J. Benjamin Friedberg; David Loeb, president; Al La Porter, bond chairman.

Congregation Machzikei Adas

Rabbi Abraham Rubin; David Apotiv, president; Chief Greenberg and Jack Steinberg, bond chairmen.

Congregation B'nai Jacob

Rabbi Abraham Rubin; Reuben Kalin, president; J. I. Flesher, bond chairman.

Services At Civic Hospital

Special High Holy Day Services for patients at the Ottawa Civic Hospital have been arranged once again by the Ottawa Vaad Ha'ir with the co-operation of Rabbi J. Benjamin Friedberg and the Agudath Israel Congregation.

The abbreviated services will take place in the chapel of the hospital which contains convertible altar arrangements for all faiths.

Please consult your Rabbi, the Office of the Vaad Ha'ir or the hospital for hours and other details.

THE OTTAWA JEWISH BULLETIN is published by the Jewish Community Council, 151 Chapel St., Ottawa, Canada. Alex Betcherman, honorary president; Hyman Bessin, president; Mervin Mirsky, Jules Loeb, Arnold Litwick, vice-presidents; Reuben Kalin, treasurer; David Apotiv, honorary secretary; Hy Hochberg, executive director. Authorized as second class mail by the Post Office Department, Ottawa.

On Living With Our Blessings



Robbi Simon L. Eckstein

There is a great deal of truth in the colloquial saying: We don't know when we are well off.

Some of life's worst tragedies occur, not when we don't get what we want, but precisely when we do get what we want. We frequently discover, to our dismay, that what we expected to be a heavenly blessing, turns out, upon closer inspection, to be a diabolical curse.

Who among us has not encountered time and again people who were so engrossed in the pursuit of wealth, fame or status, that they have sacrificed all other values of life. Yet, when they ultimately reach their coveted goal, they discover that their gain was spurious; they lost far more than they won. They may be successful beyond their wildest dreams. Yet, they have paid for the conquest of the world with the loss of the love and affection of their nearest and dearest ones. They have become estranged; from their wives and children, and at times — even from themselves.

This does not mean that material advancement must necessarily lead to spiritual regression. On the contrary, the possession of worldly goods may even prove helpful in our moral development. But, and this is all important, all blessings must be handled with care, lest they cause irreparable damage. You will recall the famous priestly benediction, "May the Lord bless thee and keep thee". First, there is the emphasis upon the attainment of our goals. May the Lord bless thee. We all want the blessing of growth, progress, expansion, development. No one wants to be frustrated, defeated or thwarted. But the priests in their wisdom realize that with life's blessings always come new dangers. That is why after invoking upon us the blessings of the Lord, they immediately proceed to add an all-too-necessary proviso. May the Lord also keep thee.

We must learn to protect ourselves against the perils of success and achievement. Just because you happen to have a steady job, and enjoy a measure of security, you cannot afford to lose your sense of humility and dependence upon G-d. Just because so few among us are really hungry, we must not lose our compassion and sympathy for those in dire want and misery. If you live on easy street, you must take extra special care to preserve your spiritual sensitivity and alertness. You permit your sense of creativity to be stifled in a climate of over-indulgence. We can easily lose ourselves completely in the acquisition of things. True, we live in the days of automation, where machines can perform so many tasks that formerly had to be assigned to men. But does this mean that we should treat human beings like things and forget the sacredness of the individual? Must our unprecedented scientific progress lead to the neglect of the ends and goals of life so that we end up with the worst tyranny of all — government not of the people, but of the machine, by the machine, and for the machine. If we were not merely clever but also wise, not merely intelligent but understanding, we would be able to live, even with our blessings.

To one and all of Ottawa Jewry go forth my greetings and best wishes for a New Year of happiness and peace. L'shanah tovah tikatayvu.



THE JEWISH COMMUNITY CENTRE

announces the following registration dates for all activities 1963-64 fall and winter season.

SUNDAY FUNDAY FOR JUNIORS (5-11)

Sunday, October 6 — 1:00 - 4:00 P.M.
Program begins Sunday, October 13.

INTERMEDIATES (12-14)

Sunday, October 6 — 2:00 - 5:00 P.M.
Sport-O-Rama — Tea Dance — Disc jockey.

SENIORS (15-18)

Saturday, October 5 — 8:30 - 11:00 P.M.

Gym Demonstration and Opening Dance

ADULTS — YOUNG ADULTS

October 1-8 — 2:00-5:00 and 7:30-10:00 P.M.

Watch for the complete program brochure which will reach you soon.

GET INTO THE SWING. TO REGISTER IS THE THING!

RABBI A. RUBIN WELCOMED TO CITY

Rabbi Abraham Rubin, the new spiritual leader of Congregations Machzikei Adas and B'nai Jacob arrived in Ottawa on August 19. In the brief few weeks he has been in our community, he has already made an impact on the members of his congregation and other community leaders.

Rabbi Rubin was born in Roumania, the descendant of a long line of rabbis. He came to America at the age of 7. Rabbi Rubin received his B.A. from Yeshiva University and his smicha ordination (yodin, yodin) from the Rabbinical Seminary of America in New York.

He comes to Ottawa from Hurleyville, New York, where he was the spiritual leader for the past nine years. He was president of the Rabbinical Council of Sullivan and Ulster Counties and chaplain of the Welfare Home in Sullivan County.

The rabbi was an ardent supporter and board member of the Hebrew Day School in his area and organized a teenage group which was affiliated with the Union of Orthodox Jewish Congregations. He has interested himself in the work of rescuing Jewish children from missionary schools in Israel.

He is married to a charming young woman and is the father of three girls.

The Ottawa Jewish community extends a warm welcome to Rabbi Rubin and his family and wishes them happiness and success in their new locale.



Mrs. Morris Zagerman

"Woman of Year" Popular Choice

Mrs. Morris Zagerman, a highly regarded and ardent communal worker has been named "Woman of the Year" according to Mrs. Isaac Levine, chairman of the Women's Division of Israel Bonds.

A native of Ottawa and a product of one of the early pioneering families, Mildred Sadinsky Zagerman was introduced to Jewish communal life at a young age when she was active in the Herzl Girls' Zionist Society, which preceded the Hadassah organization.

She has been active in Hadassah since its formation and was vice-president of Hadassah Council here. B'nai B'rith and the Jewish Community Centre Library also take up much of her time. She is a former chairman of the Library Committee and its current honorary chairman. She is also active in the National Council of Jewish Women, a member of the Women's Canadian Club and Canadian Women's ORT. She is also a patroness of the Life Saving Fund of the Jewish General Hospital in Montreal.

In recent years Mrs. Zagerman has devoted much of her time and effort to the affairs of the Canadian Cancer Society of which she is vice-president.

Ottawa's "Woman of the Year" attended George Street School, the School for Higher English and Applied Arts, and taught Sunday School. She is the mother of two married sons and two married daughters and lavishes her love and affection on 13 grandchildren.



Dr. Samuel Mirsky

HILLEL ACADEMY ENROLMENT AT NEW HIGH OF 360

Dr. Samuel Mirsky, chairman of the Ottawa Talmud Torah Board has announced that the 360 pupils enrolled in the Hillel Academy program have set a new high in attendance figures for our community. Of the total students enrolled in our religious school system, almost two-thirds now attend the intensive all-day program.

The Central School operates a full elementary school department from nursery through grade 8. The West End branch has advanced another grade this year, giving it the range from nursery through grade 6. It will graduate its first class in 1966.

An additional 190 pupils attend the afternoon Hebrew schools. Twenty-five teenagers attend the high school extension courses and a similar number are expected to enroll in the Sunday School classes for children from 4 to 7.

GRADE 1 CLASS TO BE ESTABLISHED IN ALTA VISTA

In response to numerous requests from parents residing in the Alta Vista and Ottawa South areas, the Talmud Torah Board intends to establish an afternoon Grade 1 Hebrew School class at the Vincent Massey Public School on Smythe Road.

Negotiations with the Ottawa Public School Board were carried on by the Education Committee of the Talmud Torah Board headed by Dr. Edward f. Shapiro. Approval has been obtained for the use of a classroom from Monday through Thursday of each week between the hours of 4:15 and 6:15 p.m.

Parents whose children are eligible (7 and 8 years of age) are urged to contact the school office immediately. Classes will begin on October 15 provided that a minimum of fifteen children are enrolled.

TECHNION BOARD MEETS IN OTTAWA

The first formal national board meeting of the Canadian Technion Society, sponsor and supporter of the Israel Institute of Technology in Haifa was held in Ottawa on September 11.

Representatives from major cities gathered to discuss future plans for expansion and completion of the "Canada Building of Natural Resources," a million and one-half dollar project of the Technion Society. The building is scheduled for completion in October of 1964.

David Wolochow, president of the Ottawa Chapter headed the local delegation to the meeting which included Saul Ages, Dr. Wilfred Galloway, Bertram Loeb, Dr. Bert B. Migicovsky and Saul Stamer. Alex Belcherman and Zeev Vered are also members of the national Board.

TOP US OFFICIAL TO SPEAK NOV. 19 ON DESALINATION

Charles McGowen, director of the United States Department of the Interior, Office of Saline Water will address a special meeting of the Canadian Technion Society on November 19 in Ottawa. Time and place are to be announced.

The subject of his address, illustrated by slides will be the "Sweetening of the Sea," a comprehensive review of man's efforts to desalt large volumes of seawater for irrigation, industrial and drinking purposes. Mr. McGowen is expected to outline the role that Israel and the Technion-Israel Institute of Technology is playing in bringing to reality this important project.

David Wolochow, president of the Ottawa chapter of the Technion Society announced that the meeting will be open to the public without charge.

Compensation To Austrian Victims

The Department of External Affairs has advised the Canadian Jewish Congress that it has been informed that the Austrian Government has allotted additional monies to the Fund for Assistance to Victims of Political Persecution who have their domicile and permanent residence abroad. These additional funds will be made available for occupational or professional damages suffered because of political persecution and for damage caused by the termination or discontinuance for 3½ years or more of vocational (professional) or pre-vocational (pre-professional) training.

Awards will be made to persons who during the period March 3, 1933 to May 9, 1945 suffered political persecution of any kind (inter alia, because of origin, religion or nationality). Persons may apply who held Austrian citizenship on March 13, 1938, or who, prior to March 13, 1938, had their domicile and permanent residence in the territory of the Republic of Austria for an uninterrupted period of more than ten consecutive years.

In addition, persons may apply who held German citizenship on March 13, 1938, and emigrated from Austria because of political persecution. Claims must be filed and received in Vienna by October 31, 1963. Further information and application forms are available at the Austrian Embassy in Ottawa.

High Holiday Message



Rabbi J. Benjomin Friedberg

I am grateful for the privilege of speaking to my fellow Jews in this community on the eve of this Rosh Hashanah 5724. This is my third year with you and in this time I've identified myself more and more not only with the affairs of this community but with the lives of so many of its people — and so my greetings to you and my prayers for your personal well-being are more than perfunctory.

Obviously at this time of year, a Jew measures his life and accomplishments against the dreams that are before him. The more sensitive will measure his life, sometimes conscience stricken, against ideals, against tradition, and brokenheartedly find many areas of failure and perhaps some of success. Certainly it is my hope that in the coming year there will be a greater measure of self-fulfilment and growth, and as human beings — that the personal dream coincide with the ideal — and the realization that so many of our criteria for success and fulfillment are empty and false — that the wealth of life lies within the wealth of spirit. May this be a year for you which removes the useless in striving and enervating and frustrating jealousies which rob us of so much time and vitality.

Not only individuals, but communities are concerned with their lot, their dreams and ideals, their successes and failures — and invariably they are related to the Community of Man. There are stirrings in this global Community of Man with unpredictable results. The impact of every year in this decade can be measured against a century in the days gone by. Every deed has the world as its hostage or its beneficiary. The signing of a test ban treaty — is it the beginning of a final breakthrough of peace? The sudden emergence of the Negro in the United States as a real force — what does it portend? God grant that it be another true link of freedom. But the events are momentous and the proportions are monumental.

For me, this past year was a most significant one, with my visit to Israel. This exhilarating event, exciting beyond description filled me with a sense of wonder and awe as well as a grasp of the almost impossible problems because the facts and events are so unique. It left me with a greater breadth and scope and a reality of contact with the totality of Jewish people. It also made it abundantly clear that we can rely upon no one but ourselves. Perhaps the Jews continue to play the role as the moral barometer — may this year see a real concern for peace and justice in that area — then we shall know that man's salvation has begun.

I suppose all of this bears a relation to ourselves — for we are part of the global community and part of the Jewish community. And like mankind generally, the thought patterns are set — yet if we are to progress, new channels of thinking must be hewn — we must be amenable to new ideas and have courage to test them. There are many pluses in this community, but the areas of endeavour and the gaps are also many. May this coming year witness a continued concern and effort to fill these gaps for greater self-fulfilment as a community.

Mrs. Friedberg and I wish each one of you a year of health and fulfilment for yourselves and your families.

L'shana tova tikatevu.



OTTAWA JEWISH HOME FOR THE AGED
WURTEMBERG STREET
HAZELGROVE, LUTWICK, LAMBERT & SON ARCHITECTS

PROVINCE APPROVES PLAN FOR HOME

J. C. Horwitz, Q.C., president of the Ottawa Jewish Home for the Aged announced today that the Ontario Department of Welfare has approved the plan shown above. The province will contribute \$70,000, towards the total cost of the building which is estimated at \$300,000. The Home will contain single and double rooms with the most modern facilities for the care of residents. Building operations are expected to commence in the spring of 1964.

Olympic Coach Named Phys. Ed. Director

Richard Guest, a 31 year-old British athlete who was rated by English newspapers as one of their best all-round sportsmen has joined the staff of the Jewish Community Centre.

Mr. Guest reported for duty on September 1 as the health and physical education director replacing Dave Thelen who resigned to go into private business.

In a newsletter to Centre members, Lawrence Slover, chairman of the Physical Education Committee, described Mr. Guest as a warm and wholesome personality who was completely devoted to the concept of physical education.

Mr. Guest sees physical fitness as a basic prerequisite to living a fuller and more meaningful life. He has a flair for imparting his knowledge and enthusiasm and in the short time he has been here, he has already been able to influence quite a number of men and women to embark on a regular program of exercise and training.

Among the innovations which have been introduced with Mr. Guest's arrival are daily conditioning classes for men and women and the family program involving mother, father and the children on Sunday mornings.

Mr. Guest is prepared to work with any number of people although he takes special pains with each individual who comes to him for help and advice.

He was educated at the Thomas Coram School in London and received a diploma on graduation from the three-year course in physical education and health from the School of Health and Physical Education in Mytchett, Surrey. Mr. Guest is married to a trained nurse.

Some of his other qualifications follow:

- British international athlete in the shotput and discus events.
- Olympic coach to the British Olympic Pentathlon Team in 1960.
- Physical education coach and demonstrator touring public and grammar schools, colleges and universities.
- Selected to teach physical education by the Northumberland County Education Committee.
- Performed on British television lecturing and demonstrating physical education to adults and teenagers.
- Director and supervisor of varied types of sports and recreation in several communities in Northern and Southern England.
- Body building coach to some of Britain's top soccer and basketball players.



Richard Guest

- Demonstrated a type of training to help people suffering from asthma to members of the British Medical Association.

He is eager to be of help and invites anyone interested in the Centre's physical fitness program to drop in and see him.

Histadrut League Election Results 1963-64 Season

Saul Stamer, veteran Zionist worker was re-elected chairman of the Histadrut League of Ottawa at the annual general meeting of the organization.

The officers and executive board members who will serve with Mr. Stamer for the 1963-64 season are as follows:

Vice Chairman: Hugo Levendel; Treasurer: Peter Perel; Secretary: Joseph Yankoo.

Committee Chairmen: Telephone: Leo Goldstein; Membership: Harry Goldstein; Jewish National Fund: Harry Weidman, Harry Shinder; Zionist Council: Hugo Levendel; Vaad Ha'Ir: Saul Stamer, Hugo Levendel.

Labour Zionist Council: Executive and officers; Refreshments: Israel Shalom; House: Charles Gross; Cultural Events: Israel Rubinek; Cultural Programming: Hugo Levendel; Without Portfolio: B. Davis.

Camp B'nai Brith Ends 18th Successful Year

Extreme weather changes this summer could not dampen the spirits of 265 campers at Camp B'nai Brith at Quyon, Que., where an activity-packed season ended on August 18. With registration of campers at a maximum figure throughout the seven-week period, the camp enjoyed one of the most successful summers in its history. A supervisory staff of over 80, including counseling staff, program specialists and administrative personnel, planned and conducted the varied program of social, recreational and cultural events.

Among the program highlights of the season, campers will long remember the visit by the Israeli troupe of singers and dancers who brought the spirit of Israel through their exciting performances. Sport, skill and drama were exhibited on many occasions, notably in the Indian Day and final week Colour War. In each, campers demonstrated their abilities and team spirit. The senior campers' production of "South Pacific" enlisted the varied talents of over 30 participants in acting roles, dancing, and stage designing.

This year horseback riding (at the Pinto Valley Ranch in Fitzroy) was an exciting activity in which campers of all ages participated. The tennis courts were provided with lighting, which allowed for more extensive use of this facility.

An effort was made to have all campers participate on overnight trips into the surrounding countryside. Trips ranged from one-night stay-overs for junior campers to three-day canoe hikes for older campers. Camp sites utilized were mainly those of the

well supervised provincial and national parks at Fitzroy and Lac Philippe.

New additions to the camp itself included a waterfront cabin for the staff and equipment, and a modern new building used as a counselors' lounge, which also saw duty as an appropriate location for Sabbath religious services.

A trip to the Stratford Shakespeare Festival by the C.I.T.'s culminated in viewing two excellent productions — "The Mikado" and "Cyrano de Bergerac". Aside from the plays, the groups visited the National Theatre School where they sat in at rehearsals, and enjoyed a lecture by one of its directors.

ORT MEMBERSHIP TEA OCTOBER 20

Mrs. Isidore Potechin, newly-elected regional president of Ottawa Women's ORT is pleased to announce the forthcoming membership tea at the home of Mrs. Max Kizall, 194 Island Park Drive on Sunday, October 20 from 3:00 to 6:00 p.m.

Mrs. Nathan Steinman, membership chairman, will convene the function. Mrs. Ruth Stattner of Stettner & Sons, well-known Montreal jewellers will present their exclusive collection of jewellery.

Plans are being formulated for a leadership training conference to be held in October with Mrs. Ludwig Kaphan, vice-president, Central Board, World ORT Union, leading the institute. Mrs. A. M. Goldman will convene the conference.

A New Year Message



Rabbi Abraham Rubin

It is indeed an ideal time to introduce myself to the Jewish Community of Ottawa. For what better way is there to greet you than with wishes, as is appropriate at this time of the High Holy Days, for good health, happiness and peace. Since the moment my family and I arrived we have been showered with kindness, thoughtfulness and good wishes. We in turn, can only express our deep gratitude for this welcome.

It is at this time of the approaching New Year, that I am reminded of a tale of the great scholar and leader of world Jewry, the Chofetz Chaim, of blessed memory. Living next door to the Chofetz Chaim was a tailor who labored from early morning till late at night. Returning from the synagogue one evening several days before Rosh Hashana, the Rabbi overheard the tailor's wife calling for her husband to retire, the hour was late. The tailor replied, "As long as the light is burning, I must continue to mend the clothes." This deeply impressed the Rabbi. Thought he, as long as there is a spark of life flickering within the human being, there is that possibility to mend one's ways.

Perhaps it is just this spark that provokes many of us to seek G-d only during the Holidays. How much more beneficial it would be for the individual and the community were this spark to be fanned into a glowing flame; from disinterest and withdrawal from all religious observance, to active participation and a critical analysis of one's feelings towards the Almighty. How much warmer the relationships between individual and community would be, when bathed by the glow of an interested participant.

May G-d grant us this coming year, fulfilment of our personal desires and the ability to perform our duties to G-d, synagogue and community.



CITED FOR LOYAL SERVICES

Dave Thelen, who has resigned from the staff of the Jewish Community Centre to go into private business, accepts a plaque "in appreciation of his loyal services as director of health and physical education, 1960-63" from Lawrence Slover, chairman of the committee. Hy Hachberg, executive director and Richard Guest, newly-appointed health and physical education director look on. The presentation was made at a committee meeting where Mr. Thelen was warmly applauded for his efforts.



UP WE GO . . .

These children take a moment from their busy schedule to do a little plain and fancy swinging at the Jewish Community Centre Day Camp this summer. Almost 200 boys and girls from 4-11 years of age participated in the six week program. A supervisory staff of forty-five worked with the campers.



AT THE OLE SWIMMIN' HOLE . . .

This shot of a group of youngsters treading water at the JCC pool was taken during one of many swim instruction sessions at the Day Camp under the watchful eye of qualified instructors. The children loved the pool and a great many learned to swim for the first time. The youngest group used a new wading pool which had been built this year.



BUDDING PICASSOS . . .

One of the most popular spots at the J.C.C. Day Camp was the Arts and Crafts Workshop where children were encouraged to express themselves in a variety of media. Other activities included sports, trips and dramatics. Among the special events were a UN Day, Maccabiah, swim meets, Friday afternoon Onegs and colour competition.

Centre Library Contributions

The Library Committee acknowledges with thanks receipt of the following contributions for the purchase of books:

In memory of Mrs. Ida Abramson by Mr. and Mrs. Hy Hymes and the staff of Kiddytown Stores.

In memory of Mrs. Ida Cantor by Mr. and Mrs. Harold Rubin.

In memory of Mrs. Sheva Engel by Mrs. Anne Altman, Mrs. Linda Gilbert and Abe Nadrich; and by Mr. and Mrs. Hy Hochberg.

In memory of Morris Ginsberg by Mr. and Mrs. Sam Wallack.

In memory of Mr. and Mrs. Harry Greenblatt by Rabbi and Mrs. S. M. Burstein.

In memory of Mrs. Sara Liberman by Miss Bessie Applebaum and Mr. and Mrs. Harry Applebaum.

In memory of Barry Litwack by Mr. and Mrs. Leo Abrams; Mr. and Mrs. H. Berofe; Mrs. J. Hurvitz; Mr. and Mrs. Archie Kizell; Mrs. Florence Kizell; and a special contribution of \$52.50 by his classmates in the Hillel Academy Graduating Class of 1957.

In memory of Mrs. Rose Loeb by Rabbi and Mrs. S. M. Burstein.

In memory of Mendel Pearlman by Rabbi and Mrs. S. M. Burstein.

In memory of Samuel R. Roodman by Friends and Associates, Dept. of Labour and by Mr. and Mrs. Morris Zagerman.

In honour of the recovery of David S. Rubin by Mr. and Mrs. Harold Rubin.

In honour of the graduation of Dr. Lawrence Schneiderman by Mr. and Mrs. Joe Zelikovitz.

In memory of Mrs. S. Shukyn of Toronto by Mrs. Florence Kizell.

In memory of Mrs. Ethel Taller by Mr. and Mrs. Harold Rubin.

In memory of Phillip Treachenberg by Rabbi and Mrs. S. M. Burstein.

With best wishes for the speedy recovery of Mr. I. Weiner by Mr. and Mrs. Sam Wallack.

In honour of the 40th wedding anniversary of Mr. and Mrs. Morris Zagerman by Mr. and Mrs. Hyman Bessin; Mr. and Mrs. Bert Krugel; Mr. and Mrs. Zachary Rill; Mr. and Mrs. Louis Ross; and a special contribution of \$100 for a shelf of books by their children.

New Library Acquisitions

Between Arab and Israeli by General E. L. M. Burns — an account of the working of the truce supervision organization and problems arising from clashes between Arabs and Israelis.

More Loves Than One by Dr. Stuart Rosenberg. This book concerns man and his hopes and needs — the fulfilment of love.

Letting Go by Philip Roth — a novel set in modern times by the skillful satirist of the American scene. Interesting reading.

Like A River of Lions by Tana De Gamor. In this novel, two extraordinary people meet in post-war New York — and with explosive impact. **Coat Upon A Slick** by N. Fruchter. His understanding of Jewish life is quite extraordinary.

They Came From Everywhere by Robert St. John — the tale of twelve people who helped mold modern Israel.

Herbert Lehman by A. Nevins — a biography of the great American Jewish statesman.

Mr. Seidman and the Geisha by E. Moll. The book tells of Mr. Seidman's (whom you may have met in "Seidman and Son") visit to Japan.

The Deed by G. Frank — the true story of two boys who assassinated Lord Moyne in Cairo during World War II.

So Laugh A Little by Molly Picon — an autobiography of the famous Jewish star of stage and screen.



David Loeb

Agudath Israel Elects Officers

David Loeb, active young synagogue and communal leader was elected president of Congregation Agudath Israel at the annual meeting of the members. He succeeded to the post held by Abraham H. Lief, Q.C. for the past seventeen years.

The full slate of officers and board members elected for the coming year follows:

Immediate Past President: Abraham H. Lief, Q.C.; **Former Presidents:** Morris Goldberg, Harry Leikin; **Lifetime Vice-President:** Abraham Kelman.

President: David Loeb; **First Vice-President:** Casey Swedlove; **Second Vice-President:** Stanley Katz; **Treasurer:** Arnold Greenberg; **Secretary:** Dr. Israel Hoffman.

Trustees: Max David, Nathan Dreskin, Mike Dworkin, Irving Goodman, Stanley L. Glube, Dr. Haim Gunner, Sidney Hartman, Ben Karp, Al La Porter, Joseph Lief, Manny Lightstone, C. Hy Maser, Henry Pass, Joseph Petigorsky, Norman Potechin, Samuel Rothberg, Israel Shinder, Philip Sugarman.

LIBRARY HOURS

Monday - Thursday
1:30 - 4:30 P.M.

Sunday
10:00 A.M. - 1:00 P.M.
Come in and browse.

A HAPPY NEW YEAR TO ALL

The officers and members of the Ottawa Vaad Ha'Ir join me in extending warmest good wishes to you and your families for a year of good health, happiness and fulfilment.

Let us hope that the year will bring peace for all mankind and continued growth for us in Ottawa and for our brethren in the State of Israel.

L'shanah tovah tikatevu.

Hyman Bessin,
President, Ottawa Vaad Ha'Ir.

Program Highlights - 1963-64 Season

Planned for you . . . and every member of your family

JUNIORS . . .

Registration for the popular Sunday afternoon program for 5 to 11 year-old boys and girls will take place on Sunday, October 6 from 1:00 to 4:00 p.m. Children must be accompanied by parents.

Those who find it more convenient may register for activities in advance by calling at the Centre in person any day from 2:00 to 5:00 and 7:30 to 9:30 p.m. The Sunday Funday program begins on Sunday, October 13 and continues through the end of May. Children come at 2:00 and leave at 5:00 p.m.

This year's program will include gym periods, biddy leagues, tournaments, crafts, music appreciation, dramatics and club groups.

INTERMEDIATES . . .

Clubs are the heart of the 12 to 14 year old program. They help our young people learn the art of community living, discover the importance of sharing responsibility and develop leadership qualities. Clubs offer a social outlet, the opportunity to make new friends and to meet and mingle with others of like interests.

In addition to their athletic program, Intermediate clubs conduct cultural, social and community service activities under the general supervision of adult advisers. Inters may also participate in a theatre workshop, a teen-age fashion show, chess club, crafts group, electronics club and junior orchestra. The Jewish holidays are marked by special observances.

There will be one or two out-of-town weekend trips to other Centres. Beginning November 2, the Teen-Age Lounge will be open every Saturday night for games, socials and get-togethers. Bi-weekly special events are planned by the Intermediate Youth Council. A skating rink is also planned, weather permitting.

SENIORS . . .

The Senior (15 - 18) program of activities covers a wide range of interests. Beginning with the basic club group, members may broaden the scope of their interests by participating in the athletic program, the drama league, modelling classes, debating society, glee club, photography group, jazz combo and Saturday night socials.

Both Centre-sponsored and nationally-affiliated groups will be encouraged to inject a positive Jewish content into their programs. The holidays will be marked by special observances arranged by the Senior Youth Council with the co-operation of all clubs in the department.

Plans for a variety show are already being discussed and many seniors are looking forward to the out-of-town teenage conference which is expected to be held at Toronto during the winter vacation period.

For those who enjoy music and the quieter type of relaxing activities, the lounges and games room will be open every week night between 7:30 and 10:30 p.m.

ADULTS — YOUNG ADULTS . . .

One of the most exciting developments around the Centre these days has been the formation of a Young Adult Club for young women 18 and over and young men, 20 and over. They are an enthusiastic, attractive and intelligent bunch who have already initiated their fall and winter program of special events. You'll find quite a few of them at the Young Adult Lounge every Sunday night.

The Sunday evening cultural series for adults is to be initiated directly after the holidays. It will include music, art, drama and ballet. In addition, negotiations have been initiated with a number of leading artists, singers, dancers and writers who have been invited to participate in a new subscription series.

The literary heritage of the Jewish people will find expression in the Jewish Book Month celebrations. Early in March, attention will be directed to the role of music in the life of the Jew. On May 13, the famous Farband Yiddish Players return to Ottawa by popular request, for another nostalgic, humorous evening under the joint sponsorship of the Centre and the Labour Zionist Council.

The Adult Institute of Jewish Studies will take on a new look with the introduction of subjects which will be stimulating and timely. Those who enjoy bridge, music appreciation, folk dancing or painting can register for the weekly classes. Conversational Hebrew will be offered again and if there is sufficient interest, other language classes will be started.

The Jewish Community Centre Choral Society, under the direction of Rev. Joseph Rabin rehearses each week. New members are always welcome. If you enjoy good books, come in and take a look at the excellent selection in our Library.

Adults and young adults interested in physical education will find many activities which cater to every age and taste.

This is your Centre. It has been built to serve you. Use it for a fuller, happier and more meaningful life.



GOLDEN AGERS BEGIN NEW SEASON SEPTEMBER 30

Members of Ottawa's Golden Age Club are eagerly looking forward to the commencement of another season of activities beginning Monday, September 30 at 1:30 p.m. at the Jewish Community Centre. Here members of the club executive and volunteer leaders meet to discuss plans for the new season. Seated from left to right: Mrs. I. Agulnik, secretary; Mrs. M. Bordeloy, vice-president; Mrs. L. Kauffman, president; Mrs. C. Freedman, social secretary. Standing, left to right: A. Levitin, treasurer; Mrs. J. Barrett, president, National Council of Jewish Women; B. Barrett, second vice-president; Mrs. S. Gusewich, volunteer; Mrs. R. Greenberg, hospitality. Mrs. H.A. Roodman is chairman of the Volunteer Committee. The Club is sponsored by the Ottawa Section, National Council of Jewish Women and the Jewish Community Centre.



U.J.A. GENERAL CHAIRMEN HONOURED

Five of the six outstanding men who have served as general chairmen of Ottawa's United Jewish Appeal from its beginning in 1952 are shown at the wind-up dinner of the 1963 campaign of the Jewish Community Centre. They are holding statuettes of Isaac, the prophet of peace, which were presented to them in recognition of their "leadership and dedication to Israel and the Jewish community". From left to right: Alex Beitcherman, 1959; Bertram Loeb, 1961; Hyman Bessin, 1960; Jules Loeb, 1963; Mervin Mirsky, 1962. Lawrence Freiman, chairman from 1952-58 was unable to be present at the wind up dinner.



AWARD-WINNING U.J.A. TEAM

Morton Toller, captain of Team 19 in the business and professional grouping of the United Jewish Appeal accepts the general chairman's trophy which is to be presented annually to the team attaining the best percentage of coverage combined with the highest percentage of increase. Team 19 covered 100% of its quota, with an average increase of 19.2%. It reached 111% of its quota. Mr. Toller is flanked by Gilbert Greenberg, vice-chairman in charge of his division and teammates Joseph Feller, Archie Toller and Percy Levine. Abe Hochberg and Alfred Friedman were not available when the picture was taken. In the Public Service Division, top honours were taken by Harry Kottorsky's team comprising S. Antecol, H. Torontaw, M. Bubbis, G. A. Berger, J. Rochlis and S. Shapiro. Mrs. Martin Levinson and Mrs. Charles Liberman were the high performers in the Women's Division.



MEET THE CENTRE'S JUNIOR LEAGUE...

Seated, left to right: Sheila Ackerman, Sylvio Radnoff, Helen Manson, Debbie Greenberg, Marilyn Toller, Dobi Gorelick. Standing, first row, left to right: Mrs. Irving Shapiro, advisor, Bashe Mott, Frances Levitin, Ruth Minuk, Gloria Appotive, Vivian Gelman, Shisha Mott, Phyllis Greenberg, Sondra Schwartz, Judy Raiman, Mrs. Martin K. Levinson, advisor. Back row, left to right: Sandra Lesh, Sondra Shopero, Beverley Snyder, Edith Cohen, Roslyn Weidman, Barbara Berezin, Carolyn Toller, Clara Nadrich.

You and Physical Fitness !

by NATHAN SCHECTER M.D.
Chairman, Adult Program Committee,
Jewish Community Centre.

Recently at a meeting of the members of the Health and Physical Education Committee of the Jewish Community Centre, I had the opportunity of being introduced and listening to our new physical director, Richard Guest, who is replacing Dave Thelen.

Mr. Guest's qualifications are many and impressive, a review of which will be found elsewhere in this bulletin. However, what interested me, was to hear him say that during the twelve years that he had travelled to many parts of the world observing, participating and teaching physical fitness in all its various aspects, that our facilities are the finest he has seen anywhere. Our gymnasium, handball courts, body building equipment, dry heat, steam heat, massage, infra-red, ultra-violet etc. rank as the best that can be offered.

The pity of it is that some members of our community have never seen this area of the Centre. The tragedy is that the people who need it most do not use the facilities available.

At the same meeting, Lawrence Slover referred to the great upsurge of interest in physical fitness that is taking place in other areas in the city. Although we have some enthusiasts, we can hardly say that this wave has yet engulfed the members of our Jewish community.

I once had the privilege of being part of a group of physicians who received postgraduate instruction from the famous cardiologist, Dr. Paul Dudley White. This is what he says about physical fitness:

"Physical activity, whether in the form of work or exercise is very beneficial. It certainly is so for the physiology of the circulation and for the digestion and for the nerves. To get physically tired is the best antidote I know for nervous tension. I myself have found that exercise in moderation is one of the best ways to treat many of my convalescent cardiac patients. The establishment of a good program of regular exercise, I find, is often more important than many medicines."

There is no doubt that there is an increasing awareness of the fact that we have gone too far in omitting exercise. It is true that we are no longer subject to many of the diseases of the past, but with prosperity and longevity have come overweight, high blood pressure, ulcers, and today's popular disease of the arteries — atherosclerosis.

Physical fitness is injured by overweight. It is not just the fat under the skin but along the inner lining of the important arteries of the body, the arteries to the heart, brain, kidneys and legs where the damage occurs.

Thus normal weight is of great importance. Next in importance is a regular habit of exercise. This is not performed too well at home.

There are too many distractions. It is best done under the guidance of an expert in the field, your health and physical education director.

We should consider physical exercise to be just as essential for optimum health as are adequate rest, sleep, proper diet, one's job, recreation and peace of mind. It is particularly important for those who are constantly intent mentally. The relaxing fatigue that comes after exercise is of particular benefit to this type of worker.

A great deal of interest is being taken in promoting the fitness of children and also in the aged, but it is the group in between that is in greatest danger.

It has been said that the greatest challenge of our time, and the most neglected, is that of physical fitness in middle age. This applies to both men and women, and middle age now runs well into the sixties.

I was asked to write this note in time to meet the deadline for the bulletin. A great deal more can and will be written about this subject in the ensuing months by local and national authorities. I would only conclude by stating that many of our illnesses are of our own making and long, long ago Shakespeare said: "Our remedies oft in ourselves do lie".

Young Adult News Notes

by Joel Weiner

The young adult group is well underway with its organization and program. An able executive, headed by Dan Zwicker, is already planning the fall and early winter activities, and from the look of things, a very successful season is in the offing. The program calls for regular Sunday night get-togethers and other socials functions. But apart from these, your committee has scheduled some major highlights for the Y-A program.

October 6th sees a Mock Trial held at the Community Centre. Reports from Stan Levine and his co-workers on this courtroom scene say that special surprises are in store for all as some of Ottawa's most prominent citizens take up the defendant's box. While we don't expect to have libel cases on our hands after the prosecution presents its cases, we do look forward to having everyone's ears opened as the defendants meet their past.

And rumours trickling out of our drama department (courtesy yours truly and Cayla Mirsky) have it that fireworks will explode when the Y-A group presents its Chanukah Revue. Our capable reporters and writers have produced quite an eye-opening play.

So be in for the fun and all the laughs as the Young Adult group makes its great leap forward. Non-members wishing to join may contact Gerry Berger, Michael Baylin, Evelyn Monson, Stan Hock or Vivian Gelman.

ISRAELI HARVEST AND WINE TASTING FESTIVAL

with the participation of

The Chargé d'Affaires of Israel and Mrs. Max Varon

presented by

The Agudath Israel Sisterhood

under the auspices of

The Israeli Trade Commissioner to Canada

SATURDAY, OCTOBER 26 AT 9:00 P.M.

Agudath Israel Synagogue

Convener: MRS. CASEY SWEDLOVE

Tickets: MRS. JACK FOGEL, 728-4202